

Abstract

This invention relates to a process for preparing cooked rice in aseptic package made of long grain rice, not having property of glutinousness but having fluffiness and smooth mouthfeel.

5 More particularly, the invention relates to a process for preparing cooked rice in aseptic package prepared by a process comprising soaking long grain rice in solution of emulsified oil, filling the rice automatically in a heat-resisting plastic container, sterilizing the rice 4~10 times repeatedly for 4~8 seconds at high temperature of 130~150℃ and high pressure, cooking said sterilized long grain rice in a measured
10 amount of liquid, and packaging the resultant cooked rice in aseptic so that cooked rice which is free from microorganism and capable of long term preservation (more than 6 months) can be obtained.